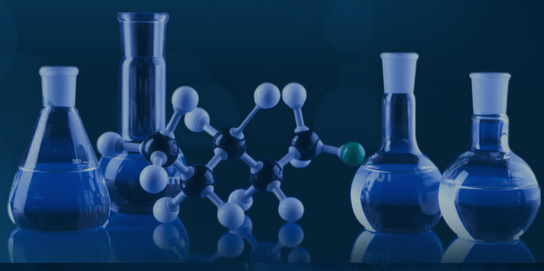

Dyslexia

Dyslexia

Dyslexia is a complex reading, writing and learning condition in which letters and numbers are reversed and written upside down. Dyslexia can also affect speech, hearing and other aspects of cognition.

Dyslexia contributes to functional illiteracy in millions of Americans, not to mention frustration and low self-esteem. The paradox is that dyslexics are very intelligent, often above average.

Famous dyslexics include Albert Einstein, Thomas Edison, Leonardo DaVinci, Alexander Graham Bell, Walt Disney, Winston Churchill and Hans Christian Anderson.

This newsletter explores new nutritional and psychological information that may offer hope for those suffering with dyslexia.

Nutrition And Dyslexia

Some dyslexics respond very well to nutritional approaches. Abundant research supports the importance of diet and particularly mineral availability for brain function.

Hair mineral profiles of those with dyslexia reveal consistent patterns. Many dyslexics are slow oxidizers, often with a copper toxicity or biounavailability. Copper stimulates the biogenic amines and plays a major role in brain function.

Some dyslexics are fast oxidizers, although in recent years we see fewer fast oxidizing children. Fast oxidizers with learning difficulties are often hyperactive, although slow oxidizers may exhibit hyperactivity also.

Often dyslexics have a zinc deficiency. Zinc is one of the nutritional sedatives and many children are born deficient in this mineral or develop deficiency due to stress and/or poor diets.

Mineral Patterns Often Associated With Dyslexia

Toxic metals including aluminum, mercury or cadmium are often elevated. These may be elevated from birth, or elevation may occur due to a dietary deficiency of the vital minerals. This causes the body to absorb more toxic metals from the environment.

Low blood sugar tendencies are also common on mineral analyses of dyslexics, especially if eating habits are poor. Indicators often include an imbalanced calcium/magnesium ratio and a low sodium/potassium ratio.

Another pattern occasionally seen in dyslexics is a high sodium/potassium ratio. This may reflect volatility, anger and acute physical or emotional stress.

It is difficult to know how much of the biochemical abnormalities revealed on mineral tests are the causes of the problem and how much are the result of the frustration of learning difficulties. Most people with dyslexia have had difficulties for years, often since age two or three and many suffer from low self-esteem and other complex effects.

Dietary Correction

Diet is especially important. Many adults and more so children are sensitive to sugar-containing foods, chemical additives, colors, flavors and food preservatives. Processed foods such as breakfast cereals are often loaded with these chemicals. In some individuals, avoidance of chemical additives will make a huge difference in their ability to function normally.

Those who are fast or mixed oxidizers need extra fats and oils in their diet. Giving children low-fat diets out of fear of cholesterol or of gaining weight is one of the most common mistakes made by well-meaning parents. Fats and oils slow the oxidation rate, maintain the blood sugar levels and help one to relax. Relaxing is very important for dyslexics to reduce frustration.

Fast oxidizers are particularly prone to low blood sugar. Low blood sugar can cause mood swings, energy fluctuations and episodes of mental confusion, inability to concentrate, fatigue and often anti-social behavior.

Correction of low blood sugar may require a complete nutritional program; however, diet is the most important part of any program to correct low blood sugar. Fast oxidizers require extra fats and oils. Slow oxidizers often feel better with extra protein. Excessive sweets and sugar-containing products make both types feel worse. Even natural, unsweetened fruit juice will worsen behavior in sensitive individuals.

Supplemental Nutrition

Mineral analysis is most helpful to provide an individualized program for each person. It is important to follow the program exactly because supplements that benefit one person may aggravate the same condition in another. For example:

- B-complex vitamins are helpful for many people, but may worsen symptoms in fast oxidizers.
- Calcium, magnesium, copper and zinc are often helpful and needed, however, some people cannot take extra copper.
- Molybdenum is excellent for those with copper toxicity, but may not be indicated when the sodium/potassium ratio is elevated. Molybdenum can further elevate sodium.
- Calcium and magnesium supplements can provide an extra >stress buffer', however, excessive calcium and magnesium may cause sluggishness.

The Gift Of Dyslexia

This newsletter is primarily about nutrition. However, recent research indicates that dyslexics are not less capable than others, but they view the world differently. You might say they are wired up differently. A book entitled The Gift of Dyslexia by Ronald Davis explores this view. More information can be found at https://www.davisdyslexia.com

Most people perceive the world linearly. Dyslexics apparently perceive in whole pictures. Also, most people have a fixed point of reference from which they perceive the world around them. Dyslexic individuals have a peculiar capacity to move the reference point from which they perceive objects. This can result in creativity and original thinking.

However, it is a serious handicap when viewing linear symbols such as letters or words. These appear to jump around when viewed from different perspectives.

Ronald Davis solved his own dyslexia problem and has helped thousands of dyslexics to learn how to fix their point of reference so that words and letters no longer jump around and appear backwards.

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